



Winter 2014

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Region V Aging Services Newsletter

Winter 2014

North Dakota
**"A Caring Place To
Grow Old"**

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Service Center**
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Fargo, North Dakota
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Serving the Counties of:
**Cass, Ransom, Richland,
Sargent, Steele, Traill**

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*Happy
Holidays!*



Hi everyone, there have been some changes since the last newsletter! Effective November 1, 2014 I assumed coordination of the Family Caregiver Support Program and will also continue as the Regional Aging Services Program Administrator. I am excited about my new role with the Caregiver Program.

You may qualify for assistance through the Family Caregiver Support Program if you are:

- ♦ An individual providing full time care to an individual who is 60 years of age or older.
- ♦ An individual providing full time care to a person with Alzheimer's or related dementia regardless of age.
- ♦ A grandparent or other relative (excluding parents) age 55 or older who provides full time care to a child age 18 or younger or an adult with a disability between the ages of 19 to 59.

If you have questions about the Family Caregiver Support Program or would like more information, give me a call at 701-298-4420 or toll free at 1-888-342-4900.

Laura Fischer, who previously coordinated the Family Caregiver Support Program has assumed full-time Ombudsman duties.

Laura now serves as the Ombudsman for the following facilities in Region V (Nursing Facilities, TCU's, Swing Beds, Assisted Living) : **Cass County:** Bethany on 42nd, Bethany on University, Bethany Towers, Bethany Gables, Rosewood on Broadway, Edgewood, all in Fargo; Sheyenne Crossings and Kind-er Care in West Fargo; Good Samaritan Society and Prairie Villa - Arthur. **Traill County:** Hatton Prairie Village, Luther Memorial Home and Sanford - Mayville, Sanford and Comstock Corner - Hillsboro.

Bryan Fredrickson provides Ombudsman assistance to the following facilities in Region V: **Cass County:** Elim Care, ManorCare, Villa Maria, Evergreens and Good Samaritan Society all in Fargo. **Ransom County:** MaryHill Manor, North Dakota Veterans Home and Parkside Lutheran. **Richland County:** St. Catherine's, St. Gerard's, Leach Home. **Sargent County:** Four Seasons Healthcare, Forman.

Sandy Arends



Headache Pain

“What To Do When Your Head Hurts”

Most of us get headaches from time to time. Some are mild. Others cause throbbing pain. They can last for minutes or days. There are many different types of headaches. How you treat yours depends on which kind you have.

Headaches might arise because of another medical condition, such as swollen sinuses or head injury. In these cases, treating the underlying problem usually relieves headache pain as well. But most headaches, including tension headaches and migraines—aren't caused by a separate illness.

A headache may feel like a pain inside your brain, but it's not. Most headaches begin in the many nerves of the muscles and blood vessels that surround your head, neck and face. These pain-sensing nerves can be set off by stress, muscle tension, enlarged blood vessels and other triggers. Once activated, the nerves send messages to the brain, and it can feel like the pain is coming from deep within your head.

Tension headaches are the most common type of headache. They can cause a feeling of painful pressure on the head and neck. Tension headaches occur when the muscles in your head and neck tighten, often because of stress or anxiety. Intense work, missed meals, jaw clenching or too little sleep can bring on tension headaches.

Over-the-counter medicines such as aspirin, ibuprofen or acetaminophen can help reduce the pain. “Lifestyle changes to relax and reduce stress might help, such as yoga, stretching, massage and other tension relievers,” says Dr. Linda Porter, an NIH expert on pain research.

Migraines are the second-most common type of headache. They affect more than 1 in 10 people. Migraines tend to run in families and most often affect women. The pain can be severe, with pulsing and throbbing, and can last for several days. Migraine symptoms can also include blurry vision and nausea.

“Migraines are complex and can be disabling,” Porter says. Certain smells, noises or bright flashing lights can bring on a migraine. Other triggers include lack of sleep, certain foods, skipped meals, smoking, stress or even an approaching thunderstorm. Keeping a headache diary can help to identify the specific causes of your migraines. Avoiding those triggers or using prescription medications could help prevent or lessen the severity of future migraines.

Be careful not to overuse headache medications. Overuse can cause “rebound” headaches, making headaches more frequent and painful. People with repeating headaches, such as migraines or tension headaches, are especially at risk. Experts advise not taking certain pain-relief medicines for headaches more than 3 times a week.

A less common but more severe type of headache comes on suddenly in “clusters” at the same time of day or night for weeks. Cluster headaches may strike one side of the head, often near one eye, with a sharp or burning pain. These headaches are more common in men and in smokers.

In rare cases, a headache may warn of a serious illness. Get medical help right away if you have a headache after a blow to your head, or if you have a headache along with fever, confusion, loss of consciousness, or pain in the eye or ear.

“Know what kind of headache you have and, if you can't manage it yourself, seek help,” Porter says. “Remember there are preventive behavioral steps and medicines that can help manage headaches. But if the pain is severe or lasting, get medical care.”



Be Ready to Remain at Home – IPAT Can Help!



The word is out! Americans want to remain in their own home, surrounded by familiar people and belongings as they age. They want to stay in the neighborhood they know, surrounded by neighbors they trust. What's more, the demands of being actively engaged in every-day home related tasks may actually serve to maintain independence and stability. It is aging-in-place, and it's a win-win!

How can you achieve this win-win? You can plan ahead to make your home more user-friendly by making basic home modifications and adding assistive technology (AT) devices. Don't know where to start? Trained IPAT staff can help you begin the planning process by completing a Home First consultation. Together we can explore potential modification and AT device ideas that will keep you in control and enjoying life to the fullest right at home.

No successful remain-at-home plan can be a one-size-fits-all, because your abilities and home present unique challenges to function and safety. This is where IPAT expertise is needed. We will help you think beyond a widened doorway or a grab bar in the bathroom. We understand the limits of aging and can identify areas of your home that are not working well for you, and more importantly offer solutions.

Maybe you aren't hearing the phone ring, or the voice of the TV newscaster like you used to; maybe arthritis is making getting out of bed, opening a jar or dressing difficult; maybe it is hard to read your mail, follow a recipe, or pay bills due to low vision. If these examples sound familiar, know that they can all be accomplished using the right AT devices. Don't sell yourself short and move before you explore your in-home options.

We have helped a number of North Dakota residents assess their homes, and the comments we hear most often afterward are: "We should have done this years ago."; "I didn't even know a device like this existed to help me."; and; "We can do this, and it won't break the bank." When it is time to reassess your home as abilities change, a little help from IPAT's Home First services can go a long way. Act before a crisis hits, and your home will be ready to serve you for a lifetime.

Contact Us

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Seniors & SNAP: 5 Myths Busted

Get help paying for healthy food!

The Supplemental Nutrition Assistance Program (SNAP) helps over 4 million seniors aged 60+ buy healthy food every day. Get the facts—then see how to apply at www.BenefitsCheckUp.org/getSNAP.

1

MYTH

SNAP is only for families with children.

FACT

SNAP is for everyone who qualifies, including seniors.



2

MYTH

I'll only get \$15 a month, so it's not worth applying.

FACT

The average national SNAP benefit for a senior living alone is \$119 a month.



3

MYTH

Other people need SNAP more than I do.

FACT

Everyone who enrolls in SNAP will get help. By applying, you are not taking benefits away from others.



4

MYTH

No stores near me accept SNAP.

FACT

Over 250,000 grocery stores and farmers markets across the country accept SNAP to pay for food.



5

MYTH

It's too hard to apply for SNAP.

FACT

Depending on where you live, you can apply online, by mail, or in person—and get one-on-one help if you need it.



National Council on Aging

Visit www.BenefitsCheckUp.org/getSNAP to get your application now!

Walk *This Way*

Julie Garden-Robinson, Ph.D., R.D., L.R.D., Food and Nutrition Specialist
Donna Terblanz, Ph.D., Professor, Health, Physical Education and Recreation

Reasons to Get Moving

Do you remember when the rules for physical activity were "no pain, no gain"? Ideas about physical activity have changed dramatically, but the health benefits remain.

Regular physical activity helps protect against cardiovascular disease and its risk factors: hypertension, obesity and diabetes mellitus. It also can reduce risk of osteoporosis, reduce stress and improve sleep and overall mood.

Recent research shows that most people who begin a physical activity program do so to control their weight or improve their fitness level, health or appearance. After about a year, they continue exercising for the mood improvement (1).

It's Not a Footrace

The latest Surgeon General's Report recommends accumulating a total of 30 minutes of moderate activity on five or more days a week. The good news for many people is that moderate physical activity doesn't necessarily mean sweating in an aerobics class.

A brisk walk, gardening, raking leaves, shoveling snow or washing windows can help you toward the 30-minute goal, even when done in 10-minute segments. The Surgeon General's Report suggests doing physical activity that burns at least 150 calories/day or 1000 calories/week (2).

According to a recent national study, two-thirds of American adults fall short of this goal. More men, highly educated and younger adults met the recommendations than women, ethnic minorities, less educated and older adults (3).

On Your Mark, Get Set, Go

You don't need to drive to a gym or empty your wallet to buy special equipment. Try walking. It's an easy, safe activity that can make you feel and look better. Besides, your only expense is a pair of shoes. Why not begin a regular walking program today?

■ Choose your shoes wisely.

A comfortable pair of shoes with good arch support is the only special equipment you need. When buying walking shoes, shop late in the day when your

feet may be swollen. Measure both feet. For proper fit, be sure there's a thumbnail's width between the tip of your longest toe and the edge of the toe box.

Wear appropriate socks, and walk around the store in both shoes. Try on several pairs of shoes and compare fit and comfort. If they still feel comfortable after at least 10 minutes and they fit your budget, you may want to walk over to the cashier.

■ Dress for safety and for the season.

For visibility, wear light-colored clothes and always walk facing oncoming traffic. In cooler weather, opt for several layers of clothes so you can shed layers if you get too warm. If icy, wear shoes with a good grip. Wear a cap to help maintain body temperature.

■ Warm up and cool down.

Warm up your muscles before working out. Limber up your muscles with some "static stretching" — a continuous stretch just to the point where you feel a slight pull. Ballistic stretching, which is a repetitive bouncing type of stretching, is not recommended.

To warm up, start slowly during the first five or 10 minutes of your activity, then increase your pace. During the last five or 10 minutes, slow your pace to cool down. Stretching again will help prevent sore muscles.

■ Bring a water bottle and drink frequently.

When you're thirsty, you're already dehydrated. Many experts recommend drinking a half-cup of water every 15 minutes while being physically active.

■ Pace yourself. Find a comfortable speed.

Take the talk test: if you can't talk while exercising, slow down. If you feel pain, dizziness, nausea, or other symptoms — STOP. If the problem persists, check with your physician.

■ Stay motivated. Walk with a buddy or listen to tapes or a recorded book.

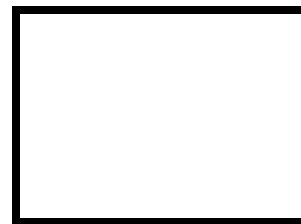
■ If you're just beginning to exercise, try the pattern listed in the Sample Beginning Walking Program developed by the National Institute of Health (4).

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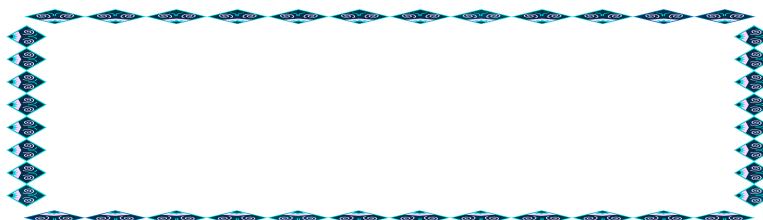
Reviewed May 2012

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New Officers/Change of Address:

If your Senior Organization has a new president (chairperson) or there has been a change of address, please complete and return the form below. Please remove and tape the old mailing label in box below.



Name of President, Chairperson, Individual or Agency to Receive This Newsletter:

Name: _____

Street/Avenue/PO: _____

Mailing Address (Must include street address or post office box):

City and State: _____

Nine Digit Zip: _____

Telephone: _____

Return to address at the top of this page.